

Response Report

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Session: Group Discussion 1

Class: GroupDiscussion1_Live

Class Points Avg: N/A

(Includes only students who took assessment)

1 Physical Activity – Most Effective StrategyDuring School Day		
A	56%	Class Variety (weight lifting/yoga/fitness)
B	11%	Required PE
C	15%	Everyday/All Year PE
D	0%	Longer Class Time
E	11%	Competitions (i.e., 5K, challenges)
F	7%	Health incorporated in PE

2 Physical Activity – Most Effective StrategyDuring School Day		
A	50%	Class Variety (weight lifting/yoga/fitness)
B	0%	Required PE
C	0%	Everyday/All Year PE
D	0%	Longer Class Time
E	50%	Competitions (i.e., 5K, challenges)
F	0%	Health incorporated in PE

3 Physical Activity – Most Effective StrategyOutside School Day		
A	4%	Equipment checkout/options
B	13%	Increase sport/athletic options
C	33%	Increase open gym times and make it “open”
D	51%	Intramurals/Clubs

4 Nutrition – Most Effective StrategyDuring School Day		
A	63%	Lunch/Meals - need to bring in healthier food choices like fresh fruits and vegetables (salad bars) and balance offerings
B	11%	A la carte- increase the amount of healthy snacks offered
C	17%	Health Class- offer fruit and vegetable sampling, increase nutrition education, and nutrition labeling, teaching lifelong health habits
D	0%	Not using food as a reward
E	7%	Offer a challenge/incentive to eat healthier
F	2%	Marketing-putting health information on the school channel, offering fruit and vegetable of the month, role models, locally grown, etc.

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5 Nutrition – Most Effective StrategyAfter School Day		
A	2%	Healthy fundraisers
B	64%	Vending Machine offerings need to offer more healthy beverages (Milk and 100% juice) and snack options and better tasting healthy options
C	34%	Concession stands –improving choices and providing some meal options for the athletes and their families

6 Elementary School Effort		
A	43%	Should healthy snacks (fruit break) be offered in elementary ?
B	57%	Teaching more about healthy habits in elementary?